



Mon	Tue	Wed	Thu	Fri
	1 Cheese Lasagna Roll Up w/ Marinara , Salad w lettuce, tomato, onion, Garlic Breadstick, Pineapples, 2% Milk	2 Vegetable Beef Soup , Peanut Butter Sandwich, Broccoli, Oranges, 2% Milk	3 Chicken Sandwich on WW Bun , sweet potato fries, Pears, Carrots, 2% milk	4 White Beans , onions, Cornbread, hash-brown, Applesauce, Mixed Greens, 2% Milk
7 CENTER'S CLOSED <i>Happy Labor Day!!</i> 	8 Boneless Chicken Wings , Corn, Cauliflower, Peaches, WW Bread, 2% Milk	9 Scrambled Eggs , Hash Brown, Biscuit, Sausage Gravy, Cinnamon Apples, stewed tomatoes, 2 % Milk	10 Fish Sandwich on WW bun , potato wedges, Corn, Oranges, Pudding 2% Milk	11 Great Northern Beans , onions, Cornbread, hash-brown, Applesauce, Mixed Greens, 2% Milk
14 Chicken Tenders , potato tots, Broccoli, oranges, WW Bread, 2% milk	15 Spaghetti, Meatballs , Garden Salad, Garlic Breadstick, Applesauce, 2% Milk	16 Hot Dog with Chili , Cole Slaw, Onions, Baked Beans, Tator tots, Fruit Cocktail, 2% Milk	17 FESTIVE MEAL Chicken with gravy , Potatoes, Green Beans, peaches WW Roll, Cake, 2% Milk	18 Pinto Beans with onions , Cornbread, Potatoes, Mixed Greens, pears, 2% Milk
21 Baked Fish , green beans, Corn, Oranges, WW roll, Pudding 2% Milk	22 Chicken Alfredo Broccoli , Garden Salad with lettuce, tomato, Garlic Breadstick, Pears 2% Milk	23 ALL CENTERS CLOSED FOR STAFF TRAINING	24 Smoked Sausage with Sauer Kraut , Fruit Cocktail, corn, WW Roll , 2% Milk	25 Navy Beans , Hashbrown, Cornbread , Applesauce, Mixed Greens, Onions, 2% Milk
28 Chicken Noodle Soup WW Bread/Peanut Butter, carrots, Peas, Pears, 2% Milk	29 Taco Salad / Chips , Meat, Lettuce, Cheese, Tomatoes, Onions, corn Pineapples, 2 % Milk	30 Pork BBQ Sandwich , Baked Beans, Cole slaw, Potato wedges , Peaches, 2% milk	All meals meet RDI regulations. Each day a bread group item, butter and milk will be served. Rich desserts, rice and gravies are optional to each participant. No salt or margarine added to vegetables and meats unless specified. All instant potatoes and breads have some salt, margarine and sugar. Please use the suggestion box to express	